



**UNITED STATES-ISRAEL EDUCATIONAL  
FOUNDATION**

**Guide for Visiting U.S.Fulbright Scholars and  
Students**

**2012-2013**

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Spring 2012

Dear visiting Fulbrighter – Shalom!

Congratulations on having been selected as a visiting Fulbrighter to Israel!

This booklet is provided as supplementary information to assist with your integration in Israel, in addition to material you will receive from the Fulbright administrative agencies in the U.S., your host institutions, and background information you may acquire from other sources. We also suggest you contact the Foundation and the Fulbrighter whose name was sent to you by the Foundation for advice or any questions.

We encourage you to read about the history, culture, politics, and society of Israel prior to your arrival. A list of useful, general websites on Israel can be found on the last pages of this guide. A brief country profile of Israel may be found on the Ministry of Foreign Affairs website:

<http://www.mfa.gov.il/MFA/Facts+About+Israel/Israel+in+Brief/>

We also recommend that you browse an Israeli newspaper prior to your arrival to understand the current issues. On-line newspapers include the Jerusalem Post [www.jpost.com](http://www.jpost.com) the English-language version of Ha'aretz <http://www.haaretz.com/> and the Jerusalem Report <http://www.jpost.com/JerusalemReport/Home.aspx>

Once you arrive, feel free to contact our office for assistance. We are open Monday – Thursday, 8:00 a.m. – 4:00 p.m., and every Friday from 8:00 a.m. – 2:00 p.m.

We trust that your year will be successful and bring you much professional as well as personal satisfaction.

Sincerely,



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## **PART 1 – The Israel Fulbright Program:**

### **Background:**

The U.S. Congress established the Fulbright international educational exchange program in 1946 to advance mutual understanding and peaceful relations between the American people and the nations of the world.

Since its establishment in 1956, the U.S.-Israel Educational Foundation (USIEF) has administered the Fulbright award program in Israel as well as provided interested Israelis with unbiased information on higher education in the U.S. The Foundation has awarded over 2,700 Fulbright grants to outstanding U.S. and Israeli applicants over its 54-year history. Awards are based on open competition and emphasize academic and professional excellence.

Supported by the U.S. and Israeli governments, the USIEF brings the finest of American scholars and students to Israel to pursue study, to lecture, and to conduct research. At the same time, it enables some of Israel's most talented students and scholars to attend outstanding universities in the U.S.

The USIEF makes final selection of grantees; arranges and confirms academic affiliations for all American Fulbright scholars; issues the official Fulbright grant document; and disburses Fulbright stipends. The USIEF is your primary contact for information on your grant and host affiliation and will assist with any personal questions or problems.

Exchange opportunities for American applicants to Israel include:

**Five Fulbright Senior Scholar Fellowships**, offered for lecturing/research/combined lecturing and research in all disciplines or for artists/writers-in-residence.

**Eight Fulbright Post-Doctoral Fellowships**, offered for post-doctoral research in all academic disciplines.

**Six Fulbright Post-Graduate Student Fellowships**, offered to students in all disciplines for pre-doctoral study and research.

**Fulbright Middle East, North Africa, South Asia Regional Research Fellowships**, offered for research in any academic or professional field, to be carried out in more than one country of the Middle East, North Africa, or South Asia.

**Ten Fulbright Senior Specialists Fellowships**, offered in support of short (2-6 week), non-research visits by US scholars and professionals in twenty selected fields.

A global overview of the Fulbright Program can be found at website:

<http://fulbright.state.gov/>

Information on the USIEF can be found at website: [www.fulbright.org.il](http://www.fulbright.org.il)

**Our expectations of visiting U.S. Fulbrighters:**

The Fulbright experience provides an opportunity for intellectual and cultural pursuits in an environment of academic freedom and bi-national cooperation. The program expects its grantees to broaden and deepen their professional or academic knowledge; conduct collaborative research with foreign scholars; develop lasting professional and personal ties; and foster linkages between home and host institutions.

Visiting Fulbrighters are expected to fulfill their agreed upon terms and conditions of award and to carry out the research project or academic program outlined in their original applications.

We request that you keep us informed of any trips outside of Israel during your stay here.

We encourage all Fulbrighters to be active at their host institutions, and to attend and take part in presentations, seminars, and conferences. We ask that you notify our office should you be asked to make a presentation or lecture so that we may be aware of your activities while in Israel.

Always remember to be identified as a visiting Fulbrighter whenever you speak or make a presentation in front of an academic, professional, or public audience.

While U.S. grantees are private citizens and not officials or employees of the U.S. government, we view visiting Fulbrighters as good will representatives of the United States of America --- its people, values, and culture. Grantees are expected to uphold high academic and professional standards and to maintain a standard of conduct and integrity, which is in keeping with the spirit and intent of the Fulbright program.

Our Foundation would appreciate it if you would acknowledge the U.S. Israel-Educational Foundation in any publication which might be forthcoming as a result of your Fulbright visit to Israel. We have established an alumni library and would be very pleased to receive a copy of any such publication.

You are kindly requested to complete interim and final reports during your stay in Israel. Instructions and further information will be provided by the Foundation.

**You will receive information from the Department of State in connection with a pre-departure orientation which is held in June/July in Washington DC. Attendance at this pre-departure orientation is mandatory. Grantee stipends will be withheld for non-participation, unless your attendance is excused by the Department of State.**

## **PART 2 – PRIOR TO YOUR DEPARTURE:**

### **\* Receipt of your first grant payment:**

USIEF will forward you your first grant payment by bank transfer to your U.S. dollar account two months prior to your departure for Israel, provided you have received medical clearance. You should notify USIEF of your bank's name and address, account number, and routing instructions (if any).

Subsequent payments may be made into your U.S. bank account, or alternatively, into a bank account which you may choose to open in Israel, either in dollars or shekels. Payments are by direct deposit only and not by check.

The USIEF is not responsible for any bank charges levied by your U.S. bank in receiving USIEF transfers into your personal account.

### **\* Taxes:**

Fulbright grantees are subject to U.S. income taxes. Grantees are not subject to payment of personal income tax in Israel.

USIEF will provide you with income tax statements for reporting purposes upon request. The USIEF does not withhold taxes from your grant or pay social security tax.

Neither the USIEF nor the U.S. Department of State nor the program's administrative agencies are in a position to answer any questions regarding tax liability. You are encouraged to consult with a tax accountant prior to commencing your grant, and to refer to IRS publication 520 ("Scholarships and Fellowships"). IRS brochures and information can be obtained by calling 1-800-829-3676 or from website:

[www.irs.ustreas.gov](http://www.irs.ustreas.gov)

Visiting faculty may wish to consult with “The Tax Guide for College Teachers and other College Personnel”. This guide is available from Academic Information Service, Inc., POB 929, College Park, MD 20741.

During the course of the year, an IRS representative visits Israel and is available for consultation at the US Embassy (and US consulate in Jerusalem) to assist taxpayers with their returns.

**\* Document requirements:**

**Passport:**

Ensure that you have a valid U.S. passport for entry to Israel, valid for at least six months from the date you enter Israel.

We also suggest that you bring at least six passport-size photographs. These may be used throughout the year for registration at university offices; visa extension; etc. (Alternatively, you may acquire photographs at vending machines or at photography shops in any of the Israeli cities).

**Visas:**

If you are a faculty member, when you enter Israel, your passport will be stamped with a “B-2 Tourist Visa” valid for a three-month period. This visa may be extended at offices of the Israel Ministry of the Interior during the course of your stay. Make sure to contact the university administrator responsible for visiting faculty at your host university to receive instructions and an official letter of referral, which you may take with you to the Ministry of Interior and that you have proof of medical insurance coverage until the end of your visit. Depending on the length of your stay in Israel, you may be able to extend your tourist visa to a B-2 scientist/researcher visa. Please contact your host university for instructions in this regard.

Should you leave Israel to travel during the course of the year, your old tourist visa will be canceled and reissued only for a three-month period from the date on which you re-enter the country.

By law, a fine is payable if you fail to extend a tourist visa before it expires. Make note of the visa stamp in your passport for the date of expiration.

Students or post-doctoral scholars you should apply to the nearest Israeli consulate for an A-2 visa. Contact the nearest Israeli consulate, well ahead of departure, for further information. Be sure to provide your Fulbright acceptance letter as well as a letter from your host university.

A directory of Israeli consulates in the U.S. can be found at website:  
[www.israelemb.org/departments/homepagecons.html](http://www.israelemb.org/departments/homepagecons.html)

Fulbright scholars who wish to visit countries with which Israel does not have diplomatic relations should make a request at the port of entry to have their visas stamped on a separate document which will be valid for three months or apply for a second passport in the United States for this purpose.

You do not require vaccinations for travel to Israel from the U.S.

### **Information for dual U.S. – Israeli citizens:**

Israeli citizens naturalized in the U.S. retain their Israeli citizenship, and their children are considered Israeli citizens as well. In addition, children born in the U.S. to Israeli parents acquire both U.S. and Israeli citizenship at birth.

U.S. citizens with dual nationality must enter and depart the U.S. on their U.S. passports. American citizens who hold Israeli citizenship must enter and depart Israel on their Israeli passports.

A Fulbrighter who also holds Israeli citizenship, or whose parents were/are Israeli citizens should clarify the status of his/her Israeli citizenship prior to arrival. This can be done by contacting the nearest Israeli consulate:  
[www.israelemb.org/departments/homepagecons.html](http://www.israelemb.org/departments/homepagecons.html)

The consulate will clarify and formalize your present citizenship status, provide you with official information regarding military service, and issue appropriate travel documents if necessary.

### **Driver's license:**

Persons in Israel on a student or tourist visa may use their U.S. driver's license during the course of their stay (up to one year).

Make sure to have an international driver's license if you plan to rent a car in any country outside of Israel during your stay.

- **\* Health Insurance:**

Visitors to Israel are not covered by the Israeli public health system. Israeli law however stipulates that visitors must have full health insurance that will cover emergency services and hospitalization. You may join Kupat Holim Meuchedet sick fund if you are under 52 years of age and staying in Israel for at least one year.

Under the Fulbright educational exchange program, you will receive insurance coverage (accident and sickness) through a self-insured program provided by the U.S. Department of State. This health benefits policy does not cover family members. Details of State Department insurance coverage may be found at:  
[www.usdos.sevencorners.com](http://www.usdos.sevencorners.com)



Note that this insurance is secondary coverage, subject to specific limitations. For example, pre-existing conditions are not covered.

Remember to bring over-the-counter medications for treating common ailments with you to Israel. Bring adequate supplies of prescription medications for any chronic health problems. Many common prescription medications are available locally, but tend to be more expensive than in the U.S.

The Department of State/Fulbright coverage is not intended to replace any insurance a participant may already have; its intention is to supplement existing coverage and to ensure a participant's basic health is protected while overseas. As a Fulbright grantee, you are responsible for providing your family members with insurance. *Make sure you maintain your current health insurance in addition to the Fulbright policy!*

Past Fulbright grantees who have arrived in Israel without comprehensive U.S. health insurance coverage have recommended to acquire coverage with the Shiloah Insurance Co. Ltd. or "Yedidim", which offers the UMS health insurance plan, aimed at overseas visitors to Israel. (For information contact [y\\_health@yedidim.co.il](mailto:y_health@yedidim.co.il) or 03-6386216 ). Both Shiloah and Yedidim's medical services network includes doctors, clinics, pharmacies, emergency wards, and hospitals.

#### *Inoculations:*

Some doctors recommend that anybody spending more than one month in Israel receive a gamma globulin inoculation a week or two before leaving home as protection against infectious hepatitis. Polio boosters or meningitis vaccines are also sometimes recommended. Consult with your physician.

- **\* Flight reservations and traveling:**

#### **Flight reservations:**

You are responsible for making your own reservation. The cost for your ticket is included in your first grant payment.

As a Fulbright fellow, you are required to fly round-trip to Israel on an American (U.S.-owned) airline or cost-shared airline which travels through Europe.

#### **When to arrive:**

**We suggest that you arrive at the beginning of the week (Sunday or Monday) and that, if possible, avoid arrival Friday or Saturday, or the eve of holidays, when the universities, banks, stores, supermarkets, and most businesses are closed.**

A two-day orientation will be held in October, after the Succot holidays and during the week before the university semester begins. Details will be sent to you during the summer. **Grantees are requested to make every effort to attend.**

**Baggage:**

Check with the airline with which you plan to fly for details as to permissible size and weight of luggage and carry-on baggage. All airlines impose an extra charge for excess baggage, which must be paid by the passenger upon checking in at the airport. This fee is less expensive than sending a bag air-cargo. Also check how many suitcases you may bring with you.

We strongly recommend that Fulbrighters pay the overweight fee and bring all luggage, rather than ship. Though initially costly, this will save you time and expense in dealing with postal and customs authorities in Israel.

Past Fulbrighters also recommend sending books via USPS or UPS. Be sure to have a phone number in Israel on your packages so they can call you when your packages arrive!

**\* Customs:**

For the most up-to-date information, please refer to the official government site at <http://www.mof.gov.il/customs/eng/guidef.htm>

Personal belongings (including household goods and appliances) may be brought in duty-free, provided that you take them out of the country upon your departure.

Electrical items with a total value of more than \$125 may be subject to duty deposit and notation on your passport. The deposit is returned when you leave Israel with the items, or it is forfeited.

If you bring in appliances or merchandise worth up to \$250, you may pass through the “green line” at Ben Gurion Airport and bring your merchandise into Israel without paying customs duties. Otherwise, you may have to pass through the “red line” and declare your merchandise.

Goods sent to Israel by mail are not exempt from customs duties unless they are valued under \$35.

According to the Value Added Tax (VAT) Law, holders of B-2 visas are able to benefit from a zero rate of VAT on a vast array of services available during their stay in Israel, such as hotel overnight accommodations, car rental, sightseeing transportation (either in a private vehicle or a bus licensed for such purpose), water cruises (within Israel), flights (within Israel).

In addition, a special arrangement exists whereby a tourist may request a VAT refund on purchases made during his or her stay. For more information on V.A.T refunds refer to <http://www.tax-refund.co.il/index.html>

**\* Transportation from Ben Gurion International Airport:**

Israel's international gate of entry by air is Ben Gurion Airport, located near Tel Aviv off the main Tel Aviv-Jerusalem highway. <http://www.iaa.gov.il/Rashat/en-US/Airports/BenGurion>

If your destination is Jerusalem, Tel Aviv, or Haifa, you may choose to travel by shared taxi, called "sherut". A "sherut" is a taxi-van that one shares with up to nine other passengers and is much less expensive than a private taxi. The fares from the airport are fixed, so the driver should not use the meter. Government approved taxi rates are posted at the taxi stand outside the terminal building.

For current information on transportation from Ben Gurion Airport see: <http://www.iaa.gov.il/Rashat/en-US/Airports/BenGurion/InformationforTravelers/TransportationToandFromtheAirport/>

**Lost baggage:**

If your baggage is lost when you arrive, and you do not yet have a permanent address, have it sent to the USIEF office at the Migdalor Building, 1 Ben Yehuda Street, 10<sup>th</sup> floor, Tel Aviv.

**\* Packing and shipping arrangements:**

**Clothing:**

Dress is generally very informal in Israel.

Israel is sunny and hot (humid in Tel Aviv, Haifa, and around the Sea of Galilee; dry in Jerusalem, Beersheba, and in the mountain areas) from mid-March through to mid-November. The winter months are however cold, rainy, and windy, particularly in Jerusalem. Although the temperature rarely falls below freezing, it feels colder because of the wind chill factor. Also, many buildings have stone floors and are not as well insulated and heated as in the U.S. Many apartments are not heated at all during the day until the early afternoon.

Consequently, along with lightweight, comfortable summer clothes, it is essential to bring warm, "layerable" winter gear. As clothing in Israel is more expensive than in the U.S., it is advisable to bring whatever you need with you rather than purchase it after arrival.

Few furnished apartments may include a laundry washer and dryer. Laundry and dry cleaning are readily available but relatively expensive. Self-serve laundrettes are available in the major cities. Wash and wear clothes are highly recommended.

**Bedding and linen:**

While some apartments do include blankets and bedding, it is advisable to bring bath towels, pillowcases, and flat sheets (American fitted sheets may not fit your Israeli mattress). Fulbrighters have recommended bringing a warm winter blanket as well. Flannel sheets are also suggested for the winter months. Linens and towels are more expensive in Israel than in the U.S.

**Medications and Cosmetics:**

While Israeli supermarkets and drug stores offer a full range of products (including popular U.S. brand names), we recommend to bring a full year's supply of medications and prescription drugs you normally use as well as familiar over the counter medications for cold, headache, etc.

It is further recommended that you bring a typewritten, generic prescription for your medication should you need to have it refilled. Since not all medicines in Israel are available in the same brand names as in the U.S., it is essential that a generic name be provided for reference. Also, in the event that you are sent an additional supply of medicine by mail, you will be required to present a prescription to the Israel Customs Office before the medication will be released.

While the quality of Israeli cosmetics and toiletries is considered to be of the highest quality, they are generally more costly than similar items sold in the U.S. Fulbrighters are therefore advised to bring contact lens solution, make-up, vitamins, deodorant, cologne, feminine hygiene products, razor blades, etc.

Note: Israeli laws pertaining to the use or possession of narcotic drugs are extremely severe and firmly enforced. Punishment for using even small quantities of "light" drugs (marijuana, hashish) can bring a heavy fine, a jail sentence, and permanent expulsion from Israel.

### **Electrical and Battery-Operated Items:**

Electrical current in Israel is 220 volts/50 cycles. Therefore, if you wish to bring any of your electrical appliances, you will need converters that have the capacity to handle the number of watts of electricity the appliance uses.

Note: Anything digital like a clock, reel-to-reel tape recorder, etc. will not work on a converter in Israel because the current is 50 cycles (versus 60 cycles in the U.S.).

*Consider second-hand!*

As you will be visiting Israel for only one year, we suggest that you do not bring new electrical items to Israel but rather purchase them “second-hand” after you have arrived. Quality used appliances (as well as furniture) can be purchased from temporary residents returning home. An excellent source of information is the “Bargain Basement” section of the Friday, “In Jerusalem” and “City Lights” editions of the “Jerusalem Post”.

Used items for sale are also advertised in the classified sections of the local Hebrew-language Friday newspapers.

### **Cassette players/recorders; Walkmans; small appliances; compact discs:**

It is best to bring small appliances that operate on dual voltage (110/220).

If your cassette player or walkman operates on DC volts, you can purchase the same kind of 220 volt DC wall transformer in Israel for about \$10. This is preferable to using a travel converter which tends to wear out the equipment.

### **Computers/printers:**

You can bring a computer into Israel if it is portable and its instruction manual is attached. Its value should not exceed \$1,650 (cost, insurance, and freight). The computer must be declared upon entry into Israel and must be taken out of the country when you leave.

Although many new computers are dual voltage (110/220), and thus operable in Israel, a computer or printer or any 110 voltage item which requires a lot of power must be operated on a step-down transformer which can be purchased at most electronic stores. These come in different sizes although the 300 watt unit is sufficient for most appliances. Check your appliance to determine the size of transformer needed. It is also recommended to bring a power strip which enables you to plug in several different items.

If you bring a printer to Israel, the adapter should convert 60Khz to 50Khz. Make sure you bring all documentation in case of problems.

**E-mail:**

Fulbrighters wishing access from their homes should make arrangements through CompuServe or America Online or through an Israeli provider upon arrival: see <http://www.science.co.il/ISP.asp>

If you pick up America Online or CompuServe in the U.S., you can set up your account before you depart for Israel. In addition to regular monthly charges, AOL and CompuServe have international surcharges for use from Israel --- contact the companies in the U.S. for information. You will be billed on your American credit card.

Phone accessories and converters can be easily purchased in Israel.

**Fax and answering machines:**

If you plan to bring a fax machine, note that Israel has an approved list for particular machines. Check with your nearest Israeli consulate before purchasing a fax machine for use here. The Israeli telephone system has a voice-mail option on all telephones so that there is no need for an answering machine.

**Shipping by sea:**

It takes 2-3 months for baggage sent by sea to arrive, and up to one month to clear bags from customs and have them delivered to your Israel address.

If you decide to ship by sea, note that there is a minimum charge for baggage up to 9 cubic feet.

Baggage sent by sea will arrive either in Ashdod or Haifa and may be cleared through customs via an agent and delivered to your home.

**Shipping by air:**

Airfreight usually takes only a few weeks to arrive in Israel, but is more expensive than shipping by sea. Airfreight can cost approximately \$3.00 per pound.

Items sent by air must be picked up at Ben Gurion Airport. An agent can be hired who will clear your belongings through customs and deliver them to your home.

**Parcel post:**

Grantees may choose to send extra clothes to Israel via surface parcel post. Although shipping by mail takes 6-12 weeks, it is relatively inexpensive. Make sure the boxes are sturdy and well reinforced. Mark the boxes clearly – “used books” or “used clothes” and “no commercial value”.

Israel Customs will allow you to clear parcel customs free ONLY if packages contain used items. Note that items sent via parcel post are not insured so be sure to send only items which are replaceable.

**Books:**

Books can be sent at the “bundle” rate which is 50% cheaper than the regular book rate. Books are bundled into a mail sack and delivery time is between 4-6 weeks. Check with your local post office.

Fulbrighters advise that the best way to ship heavy boxes of books and papers is by UPS. The books arrive within a week, but this method is expensive. When the packages arrive in Israel, the customs office call to ask for a passport number and charge 16% tax before the boxes can be released. Be sure to have a phone number in Israel on your packages so they can call you when your packages arrive.

The least expensive way to send belongings here is to take extra suitcases. Check with the airlines as to the number of suitcases allowed per person on your international flight, and the charge is usually \$100/suitcase up to 50 lbs and \$150/suitcase up to 70 lbs.

Some Fulbrighters advise that shipping via USPS was less expensive. Large mailing M- bags that ship books (in boxes) are required for this method. They should be available at every post office.

## **PART 3 – ARRIVAL, HOUSING, AND EVERYDAY LIVING:**

### **\* Orientation for visiting Fulbrighters:**

Immediately upon your arrival in Israel, please contact our office to let us know where you can be reached (address and telephone number) and if we may be of assistance to you in any way.

Fulbrighters will be notified of an orientation to take place prior to the start of the academic year in October and after the Succot holiday. Attendance at our orientation is required for all visiting Fulbrighters. For list of holidays in Israel, please see <http://www.uscj.org/images/5yrca120062011.pdf>

Detailed information will be forwarded to each Fulbrighter prior to the orientation.

The goals of the orientation are to meet one another and discuss expectations; to receive background information on living in Israel and on Israeli university life; and to become acquainted with the Fulbright staff.

A mid-year meeting in February will also be held for grantees already in the country and for those arriving for the second semester.

### **Health and Health Precautions:**

It is not uncommon for newcomers to Israel to suffer from dehydration. It is therefore recommended that you carry a bottle of mineral water with you during the summer months, and continuously drink and refill it.

Tap water is safe to drink everywhere in Israel. However, large amounts of sediment and nitrates are often found in the water supplies. To remove sediment, you can either distill water using a commercial distiller or filter the water. Another option is to purchase bottled water. The Ministry of Health has announced that all drinking water in Israel is fluoridated. This might change, so please contact your dentist for additional information, especially if you have young children.

Certain caregivers and facilities may not be available from noon on Friday until Sunday morning, in observance of the Sabbath. The *Jerusalem Post* every Friday publishes a list of duty hospitals and pharmacies. Look for the section entitled “General Assistance”.



### Local Hospitals:

In Tel Aviv, some of the most commonly used emergency rooms are:

Ichilov Hospital	03-697-4444
Beilinson (Rabin Medical Center)	03-937-7377
Tel Hashomer	03-530-3030
Schneider Children's Medical Center	03-925-3253

In Jerusalem:

Hadassah Ein Kerem	02-677-7111
Hadassah Mount Scopus	02-677-7888
Terem Medical Center	02-652-1748

In Rehovot:

Kaplan Hospital	08-944-1211
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In Haifa:

Rambam Hospital	04-854-2222
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In Beersheba:

Soroka Hospital	08-640-0111
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### Pharmacies:

Reliable and well-stocked pharmacies can be found in Tel Aviv and Jerusalem. Prescription and over-the-counter drugs in Israel are often expensive by U.S. standards, so remember to keep receipts to include with health insurance claims.

### Medications:

Brand name over-the-counter (OTC) medications commonly available in the U.S. are not available locally. Some local equivalents of U.S.-manufactured OTC preparations are available but usually at higher prices than found in the U.S.

### Animal bites:

Although pet dogs in Israel are required to be on a leash, many are unrestrained. Pet restraint laws are rarely enforced and many stray dogs and cats are found in residential areas. All animal bites should be reported to the Ministry of Health. First aid is to flush the bite with soapy running water for several minutes. If you have not received a tetanus shot within the last ten years, inoculation is required within 24 hours of the bite, and rabies immunization may also be required.

### Food:

Milk and milk products are safe if pasteurized. In rural areas, be sure that any milk has been pasteurized. Fruits and vegetables are plentiful and of good quality in Israel. Pesticides are used very heavily in Israel. Produce should be washed thoroughly. Meat, fish, and fowl should be purchased from shops having refrigerated containers, rather than at open markets.

Flies and improper handling/storage of food are the major causes of dangerous contamination. Try to minimize use of leftover foods, as they are most likely to harbor bacteria, viruses, etc., especially in hot weather.

There are many good “health safe” restaurants in Israel. Judge eating establishments by their cleanliness and the appearance of their employees. Use discretion in the selection of foods, especially in the summer. Cream sauces, mayonnaise, egg dishes, and pastries have the greatest likelihood of bacterial contamination. Food that has been on display for long periods of time, is more likely to be contaminated with bacteria. Eating at sidewalk stands, no matter how tempting it might be, should be avoided.

#### Beach hazards:

Those who plan to swim at Israeli beaches should be aware that the Mediterranean off Tel Aviv consistently has higher than acceptable levels of bacteria. During the summer months, bacteria counts are published in the Friday *Jerusalem Post* for various beaches in the Tel Aviv area. Frequently, these beaches are closed by local authorities due to contamination. Watch for flags along the beach:

A white flag (or no flag) means swimming is allowed

A red flag indicates swimming is dangerous. Await instructions from the lifeguards.

**A black flag means swimming is forbidden** (due to rough water, dangerous tides, bacterial contamination, or other factors).

Swimming in water with high E.coli counts from raw sewage can cause Hepatitis A. It is recommended that grantees who plan to swim at beaches in Israel complete the Hepatitis A immunization series.

Please wear shoes when walking on the beach. Several hypodermic needles and other hazardous objects have been found.

Those who plan to swim in the Dead Sea should be careful not to get water in the eyes, mouth, or any open wound. It's best to avoid shaving on that day.

Jellyfish stings are a major problem for several weeks during the summer when the Mediterranean along most of the coast becomes saturated with jellyfish, leading to a high concentration of their sting cells in the water. Should a sting occur, the best treatment is bathing the welt in a sodium bicarbonate (baking soda) solution. Some people are allergic to the sting and will develop swelling in the mouth, nose, and neck; they should be taken to a hospital emergency room.

#### Traffic Accidents:

More people have died in Israel in traffic accidents than from all the wars and terrorist incidents since the State was born. As in the U.S., it is a violation of Israeli law for any passenger to travel in the front or back seat of a motor vehicle without wearing a safety belt. Children should travel only in the back seat, either in infant car seats, or

strapped in the rear seat belts if the child weighs more than 40 pounds. Drivers are advised to drive defensively, and be aware of the driving habits of local motorcyclists, for they weave in and out of traffic aggressively.

As a pedestrian, remember that while automobile drivers are encased in metal and glass, you are not. If waking at night, wear light colored clothes or a reflector. Street pedestrian crossings should be approached with care; possession of the legal right-of-way does not guarantee that drivers will yield to you.

#### Climate:

The heating systems in Israeli homes are very drying. Dry heat can irritate the mucus membranes in the nose and leave you more vulnerable to respiratory infections. Humidifiers add moisture to the air, making breathing easier. Remember that it is very important to clean humidifiers and the filters in air conditioners and heaters at regular intervals

Heat fatigue is a common health problem in Israel, for it is important to remember that in spite of the vegetation, Israel is a desert. Stay hydrated! Take water along during travel to tourist sites and replace body water loss by consuming two liters per day for usual activity and three to four liters per day during outside activity or exercise. In summer weather, insure that you consume at eight glasses of water per day, even when working indoors.

If you become hydrated, you will need a mixture of water with salts and sugar: One liter (a quart) of drinking water, two tablespoons of sugar, ¼ teaspoon of salt, ¼ teaspoon of sodium bicarbonate; ½ cup of orange juice or a squeeze of lemon if available.

For regulations regarding bringing pets to Israel, please see <http://www.hagshama.org.il/en/resources/view.asp?id=422>

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#### **Security:**

Do not leave your belongings unattended. Always carry them with you or ask someone to watch them for you. Otherwise, your belongings may be regarded as suspicious objects.

If you see an unattended object, do not touch it and, if possible, notify the police. If you are on a bus and see a suspicious object, notify the driver.

Regular security updates can also be found on the U.S. Embassy's web site:

<http://www.usembassy-israel.org.il/consular/acs/TravelInformation.aspx>

You are urged to read these after your arrival.

Israel has strict security measures that may affect visitors. Prolonged questioning and detailed searches may take place at the time of entry and/or departure at all points of

entry to Israel, including entry from the West Bank and Gaza. Travelers with Arabic surnames, those who ask that Israeli stamps not be entered into their passports, and unaccompanied female travelers have been delayed and subjected to close scrutiny at points of entry. Security-related delays or obstacles in bringing in or departing with cameras or electronic equipment are not unusual

While Israel has one of the western world's lowest rates of violent crime, it is not advisable to hitchhike in or between cities, or to tour the old city of Jerusalem alone. It is strongly recommended that female students, in particular, do not walk or jog alone in thinly populated areas.

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### **Registration at U.S. Embassy:**

**We request every Fulbrighter who will be living in the Tel Aviv area to register at the U.S. Embassy upon arrival in order to receive updated security information and warden messages.** Registration can be done on-line at:  
<http://israel.usembassy.gov/consular/acs/travelinformation.html>

The U.S. Embassy is located at 71 Hayarkon Street in Tel Aviv. Information on the Embassy, the American Center in Jerusalem (19 Keren Hayesod Street, Jerusalem, tel: 02-625-5755) and citizen services can be found on the Embassy's website.

Fulbrighters living in Jerusalem may obtain consular services at the U.S. Consulate on Nablus Road (tel: 02-625-3288 or 622-7214 or 622-7227) and receive updated security information and warden messages by visiting  
<http://jerusalem.usconsulate.gov/registration.html>

Fulbrighters staying in the Haifa area may receive citizen services at the office of the U.S. Consular Agent, 26 Ben Gurion Street, Haifa (tel: 04-853-1446). Please visit website <http://israel.usembassy.gov/consular/acs/travelinformation.html> in order to receive updated security information and warden messages.

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### **Housing:**

The USIEF regrets that it is unable to locate housing for visiting grantees. The USIEF also does not act as a guarantor in rental contracts.

Each grantee is responsible to locate and rent an apartment. While our office will be pleased to provide you with advice and guidance, your success in finding an apartment will depend primarily on your own leg-work and initiative.

The USIEF will be pleased to put you in contact with current year Fulbrighters who are about to return from Israel to the U.S., in the event you may be interested in renting their apartment or to consult with them regarding your apartment needs. Visiting scholars may also want to contact their Israeli hosts or colleagues for information and assistance.

*Temporary housing upon arrival:*

For those not living in university dormitories, you may require temporary housing until you find an apartment to rent. It usually takes no more than one to two weeks to find an apartment to rent in the major cities. Therefore, you should calculate your arrival and initial expenditures accordingly.

Options for temporary housing include bed and breakfast at Israeli homes; youth hostels; short term rental apartments and hotels. Refer to the internet for options and addresses. See [www.telavistail.com](http://www.telavistail.com); [www.hostels-israel.com](http://www.hostels-israel.com) <http://www.hostelworld.com/>

*Apartment hunting:*

Whether arriving for first or second semester, finding a suitable accommodation requires time and patience. Past experience shows that the best procedure is to arrive two weeks early, survey the market, and select what best meets your needs. You may also consider living with another Fulbright grantee, or enrich your visit by living with an Israeli student.

Note that the standard of living in Israel is different than that of the U.S. Some apartments may not have central heating, ovens, or telephones. The availability of these amenities or the amenities that you are accustomed to, should be taken into account when selecting an apartment.

Most apartments available for rental are privately owned. Rental terms are set by the landlord, including the amount, how much must be paid in advance, length of the rental period, use of facilities, etc. Apartments are generally rented out unfurnished or partially furnished.

Remember: Although apartment hunting can be stressful, all grantees find suitable housing within one or two weeks of arrival.

*Where to search:*

Your best sources of information are the Friday edition of the Jerusalem Post, Hebrew newspaper listings ("Kol Ha'ir in Jerusalem," "Ha'ir in Tel Aviv," "Kolbo" in Haifa; "Sheva" in Beersheva, and "Shalosh Plus" in Rehovot), the She'al Rental Agency in Jerusalem (21 King George Street, fax: 972-2-625-4457), and the "Ma'agar Meda" rental agency ([main@999.co.il](mailto:main@999.co.il));.

Many public places such as supermarkets, community centers, and on campus notice boards, which frequently include apartments for rent. The various universities' student union associations and notice boards offer lists of available apartments.

Finally, as in many other areas of life in Israel, an important source of leads about available apartments is word-of-mouth. Don't hesitate to let your university host and as many people as you know that you are searching for an apartment. Many apartments are rented out without ever having been advertised.

Fulbrighters have reported useful internet sites for apartment hunting is:  
[www.flathunting.com](http://www.flathunting.com); [www.homeless.co.il](http://www.homeless.co.il) (Hebrew site) <http://telaviv.craigslist.org/>  
[www.janglo.net](http://www.janglo.net); <http://www.sabbatical.com/>; [www.yad2.co.il](http://www.yad2.co.il) (Hebrew site).

*Private real estate agents* can be helpful in finding a rental, especially if you need to find an apartment quickly. Once you find an apartment, the agent will act as a liaison between you and the landlord in getting the contract signed.

Be sure that the agent you choose is a member of "Maldan", the agents' association. The customary real estate commission paid by tenants for rentals is an amount equal to one month's rent plus value added tax (VAT 16%).

#### *Renting an apartment:*

The amount of rent will depend on the location, size, and extras, such as ovens, washing machine, etc. When listing the number of rooms, Israelis count living rooms plus bedrooms, but not kitchen, bathrooms, or balconies.

Current rental rates for furnished apartments in Jerusalem and Tel Aviv range from \$550-\$700 for a one bedroom apartment plus living room to \$900-\$1200 and up (i.e., \$250-\$300 per person) for a two or three bedroom apartment plus living room. Rental costs in Beersheva, Haifa, and Rehovot are approximately 25% lower than in Tel Aviv and Jerusalem.

Additional monthly costs could add approximately \$200 per person, depending on utility usage. These additional costs include:

Utilities (water, gas, heat, electricity, and telephone)  
Building maintenance fee ("va'ad bayit") for upkeep and central heating  
"Arnona" - municipal property tax (approximately \$100 per month)

If at all possible, do not rent an apartment sight-unseen. Try to find a colleague or friend who knows you and can select an apartment for your needs and specifications. Even seeing a draft floor plan of the apartment could help you come to a decision.

*The Israeli apartment:*

By U.S. standards, Israeli apartments are on the small side. Separate dining rooms are rare ...a section of the living room usually houses the dining table and chairs. Most apartments have at least one balcony.

A standard kitchen generally has a porcelain sink and marble countertops, storage cupboards, and space for a small table and chairs. Furnished apartments include a refrigerator, though the age and size of this appliance depends on your landlord.

Be prepared for differences in terminology. Check if a “stove” is indeed an oven (“tanoor”) or simply a two-burner gas range tabletop unit (“kirayim”).

Newer buildings usually have elevators but older buildings up to four stories often do not. The “first story” is the story above the ground level.

Newer apartments generally have central heating. If this is the case in your rented apartment, then the water may also be heated by the central system. Most apartments are also equipped with solar water heaters.

Rentals usually do not include water, electricity, telephone, or heating services. In apartment buildings, the costs of fuel for heating, the cleaning and lighting of the common spaces, elevator maintenance, garden and general upkeep are divided among the residents. Each contributes a monthly maintenance fee (“va’ad bayit”) which varies. Make sure that you clarify the amount of your “va’ad bayit” with your landlord before you sign your rental contract!

*Rental contract:*

The rental contract should state the names of both landlord and tenant, address of the apartment, rental fee, length of the rental period, amount of deposit, the rights and obligations of the tenant, and the responsibilities of the landlord. It should also indicate which party is responsible for “Va’ad HaBayit” fees, repairs, and utilities.

Note that unless otherwise stated, the tenant pays municipal taxes (“arnona”). Depending on the size of your apartment, this amount can easily total several thousand shekels per year. The city permits payment in advance or on a monthly basis (by a standing bank order). Verify this point, as well as payment procedures, with your landlord.

In most cases, landlords will require a guarantee insuring payment in the event that the tenant fails to pay rent or expenses, does not repair any damage he/she has caused, or does not vacate the apartment on time. One of the standard methods of providing the guarantee is to have guarantors sign for a specified amount of financial liability should the tenant default on his/her debts or cause damage. It is advisable to list the condition of the apartment and its contents in an inventory.



The Deed of Guarantee (“shtar arvut”) should be deposited with the landlord’s lawyer. If it is not used, it is returned at the end of the rental period.

Note again that the USIEF cannot serve as a guarantor for rental agreements.

While some landlords may not require a security deposit, they may request rent payments from two to six months in advance. It is recommended that you pay no more than three months’ rent in advance.

It is advisable to negotiate a special clause in your lease that will cover premature termination of the lease for reasons of *force majeure* (illness, war, etc.).

### **Summary – Rental Checklist:**

1. It is advisable to **have a lawyer read the rental contract before you sign**, especially if it contains something which you do not understand or to which you object. Note that the owner’s lawyer, whose fee is divided between the owner and the tenant, usually prepares rental contracts.
2. List in the rental contract which party is responsible for which expenses:  
“Arnona” (property and municipal taxes)  
Water, gas, telephone, and electricity bills  
Monthly dues to house committee (“va’ad bayit”)
3. When moving into a rental apartment, call the Gas Company, and ask for the meter reading as of the date of entry. Obtain similar readings for the water and electricity bills. Payment of the first bills will be divided between the tenant and the owner; the tenant only pays for charges incurred after moving into the apartment. Similarly, when leaving, get readings until the last day of occupancy.
4. It is customary for the owner to require the tenant to provide him/her with one or two guarantors, both ensuring that the tenant will vacate the premises on time and that all possessions listed in the inventory are intact and in good condition. Advance payment is an acceptance but negotiable practice. When renting a furnished apartment, include a detailed inventory of all the furniture and contents, signed by both parties in the presence of a lawyer. Note that rent controls do not apply to new and furnished apartments, hence the variation in prices. Lack of telephone, air conditioning (except in Jerusalem where apartment air conditioning is rare), or central heating will lower the rent; a choice location will raise it. Number of rooms includes living room and bedrooms. It does not include kitchen, bathroom, or balconies.

If you are accompanied by young children, consider school location. If you don't have a car, look for an apartment near a bus line with easy commute to the university.

A good site for purchasing second hand items is [www.yad2.co.il](http://www.yad2.co.il) (Hebrew).

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### **Banking:**

Israeli currency is the New Israeli Shekel (NIS). Check Shekel exchange rates at <http://www.bankisrael.gov.il/eng/shearim/index.php> courtesy of the national Bank of Israel

Since the value of the New Israel Shekel (NIS) may fluctuate during the course of your stay, it is best not to convert a large sum of dollars at any one time, but instead to change small amounts as you need them.

#### *Purchasing shekels for your first days in Israel:*

Initially, you will need enough funds to cover start-up expenses such as transportation from the airport, food, and temporary lodging. In addition, many landlords will require several months' rent in advance at the time the lease is signed, and some landlords may request rental money in dollars. Again, we recommend that you do not pay more than three months' rent in advance.

Below you will find a listing of various options available to easily transfer money to Israel:

You may choose to purchase some shekels from your local U.S. bank prior to your departure, although the cost to do so is usually quite high. We recommend that you wait until you arrive in Israel where you may purchase shekels in the arrivals section of Ben Gurion Airport while you are waiting for your luggage to arrive. Change places are situated in all cities of Israel.

#### *Cash and/or Traveler's Checks:*

The advantage of bringing cash or traveler's checks is that there is no waiting time for your money to clear. In addition, traveler's checks and cash can be used for direct payment of rent, etc. Note that traveler's checks may be cashed at Israel's post offices without commission; a commission will be charged by a bank.

*Bank and credit cards:*

Former grantees have reported that the easiest way to have immediate access to your money from your U.S. account is with a bank card. However, you should check if your credit card is valid in Israel. We therefore suggest that you arrange for an ATM card from your local bank, one with a 4-digit PIN (Personal Identification Number). Make sure it can be used in Israel. The most common international network on ATMs in Israel is Cirrus.

If your American bank is on-line with “Cirrus”, “Plus”, or “STAR System”, you can use your ATM (or PlusCard) to withdraw up to \$250 per day at all Israeli ATMs. Check on transaction charges levied by your U.S. bank. Israeli banks will either take a nominal fee or will not charge at all. Try to get a back-up card from your bank in case your card becomes “de-magnetized”. This will save you having to request a new card via long distance. You should check that your bank cards will work in Israel. Some grantees have experienced difficulties with withdrawing funds from ATM’s in Israel.

Visa and Mastercard holders should check which services are available abroad (obtaining cash, rates for cash advances, etc.) prior to departure. American Express does not advance cash abroad to its credit card holders. However, many visiting Americans advise to keep a bank account open in the U.S. and use an American Express card to buy traveler’s checks in the U.S. (no service charge) and to cash American checks at the American Express offices in Israel whenever you need funds. Loan checks and other income may then be deposited in your U.S. bank account.

To obtain a cash advance in Israel, simply go to your bank with your Visa or Mastercard and request an advance. You will receive your money instantly, but most banks will give it to you in shekels only. You will be able to withdraw up to your credit limit or the cash limit of your card.

Note: Most credit card companies will begin to charge you interest on your credit card account from the time of a transaction rather than after the due date of your next credit card statement. This kind of transaction can be quite expensive and funds should be deposited in your credit card before you withdraw funds in Israel. Fulbrighters should check with their credit card company as to the rate of interest charge on cash advances. Past grantees have recommended obtaining credit cards from Capital One <http://www.capitalone.com/> since they do not charge international fees. ATM Cards issued by Charles Schwab Bank also do not charge commission on transactions. For a list of Credit Cards with no foreign transaction fees see <http://www.nerdwallet.com/blog/top-credit-cards/no-foreign-transaction-fee-credit-card/>

Another option for transferring your money is using a “debit card” that is issued by a bank or financial institution and linked to a money market/cash management account. When you withdraw money on your credit card account via an ATM machine in Israel, the money is automatically transferred from your savings account to cover for

the debit, and thus, no interest is charged on the withdrawal. If you choose this option, set up the account and apply for the credit card as soon as possible, since it may take a while to establish a money market account, process your credit card application, and receive your card.

*Wire transfer:*

Most American banks will transfer funds electronically to an account in Israel for a charge of approximately \$30. The money will reach your account within 3-4 days. However, it requires someone to actually go to your U.S. bank to arrange the wire transaction. Thus, unless someone close to you already has access to your bank account, you will have to arrange it before your departure. Make sure to ask your bank at home whether they offer this service and its cost. All Israeli banks receive wire transfers.

*Western Union:*

Money transfers from Western Union can be made through the Israel Postal Authority. The recipient can collect the money in shekels at any post office in Israel. There is no need for the recipient to produce a credit card or traveler's check, nor does the recipient need a bank account. Money can be transferred within a matter of minutes.

Western Union in Israel: 177-022-2131 (toll-free call)

*Personal checks, money orders, and cashier's checks:*

Cashing any kind of overseas check at a local Israeli bank will take at least 10 days to clear, and thus delay access to your funds.

Checks from home should be sent to Israel by registered mail only.

*Opening an Israeli bank account:*

If you decide to open a bank account in Israel, the location of your bank branch is significant. Most visitors tend to prefer opening their accounts at banks in their neighborhoods. There are also branches of major Israeli banks on the university campuses. Before opening an account, it is a good idea to compare bank charges and fees at different banks.

*Types of accounts available:*

*Foreign Currency Account:*

In order to deposit and withdraw dollars from the bank, you must open a foreign currency account. You can open a "fixed-term deposit account" (interest accrues if the money is untouched for a three, six, or twelve month period). Early withdrawal is possible but forfeits the interest which has accrued. Interest rates fluctuate and are based on prevailing Euromarket rates. The accounts and the accrued interest are freely transferable abroad.

Note: A service fee is charged on each withdrawal.

*Shekel account:*

Visitors are also free to open a shekel account. The advantages to opening this type of account are:

- You may deposit and cash any shekel checks which you may receive
- You will receive a checkbook for purchasing with shekels. Checks are widely accepted in Israel and can be used at supermarkets, restaurants, department stores, and payment of rent and utilities.
- You can obtain a teller machine card and cashier's checks. These can be very handy when you have no cash and the banks are closed, or if you run out of cash while traveling in Israel. All of the major banks honor the teller machine cards of the other banks, allowing you to withdraw money at virtually any teller machine in the country (at no extra charge!). Some banks allow you to obtain a card and checks with no conditions attached. Other banks require you to keep a standing balance of at least \$500 in your foreign currency account.

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**Postal and public telephone services:**

Post offices are open Sunday through Thursday from 8:30 a.m. to 6:00 p.m., and from 8:00 a.m. until 12:00 p.m. on Fridays and the day before a holiday.

*Public* telephones are operated by a telecard, a computerized card that initially bears from 20-150 message units, depending on the quantity purchased. Cards with a greater number of message units cost less per unit. Telecards are available from post offices, kiosks, and some stores.

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## **Transportation:**

Some helpful information about all types of public transportation, including a list of airline offices, car rentals, bus tours, rail information, airport and telephone numbers, is available at.

[http://www.goisrael.com/Tourism\\_Euk/Tourist+Information/Planning+your+trip/Transportation.htm](http://www.goisrael.com/Tourism_Euk/Tourist+Information/Planning+your+trip/Transportation.htm); <http://www.science.co.il/transportation-companies.asp?s=bus>

We regret that our staff is not able to meet you upon arrival.

## **Ben Gurion Airport Information**

Updated flight information (in English) on arrivals and departures is available from the website of the <http://www.iaa.gov.il/Rashat/en-US/Airports/BenGurion/informationForTravelers/OnlineFlights.aspx?FlightsType=arr>

To obtain arrival information by phone, dial (03)972-3333 (Hebrew), or (03)972-3344 (English).

### *Buses:*

Although automobile ownership grows at a rate of 10% a year, buses remain a popular and inexpensive form of transportation (“Dan” in metropolitan Tel Aviv, “Egged” in all other centers).

Local and intercity transportation is usually available from 6:00 a.m. until midnight. There is no public transportation available from Friday afternoon until sunset Saturday evening (in respect of the Jewish Sabbath) or from the afternoon of the day prior to a Jewish holiday until sunset on the holiday itself.

For information concerning bus schedules, fares, routes, maps, etc. call:

Tel Aviv Central Bus Station: 03-694-8888

Jerusalem Central Bus Station: 02-530-4704

Egged (national information): 03-694-8888

Dan (Tel Aviv): 03-639-4444

Egged (Jerusalem routes): 02-530-4704

If you travel daily by bus, it is recommended that you purchase a discount monthly bus pass (“hofshi hodshi”). This may be purchased from the bus driver at the beginning of each month.

*Taxis:*

Private taxis are called “special” (in Hebrew!). They may be hailed on the street or ordered by telephone.

When you order a taxi by phone, you will usually be told how long it will take for the taxi to arrive. It is advisable to call the taxi company closest to you, but all companies cover the entire city so that this is not essential.

All urban taxis are equipped with meters, and are required by law to operate them. The driver may offer a set price rather than the meter fare, but this is illegal unless you are traveling intercity. The meter will show which fare schedule applies, either (0) telephone surcharge to the passenger pick-up point, (1) regular fare, or (2) regular fare plus 25% surcharge for night, Sabbath, and holiday service. Passengers may request a receipt upon payment of the fare.

*Intercity Bus Service:*

Egged offers comprehensive weekday service between all major cities --- and even to small towns, kibbutzim, and moshavim. For information on intercity routes, schedules, and fares, call Egged at 03-694-8888.

Students are eligible for discount fares on interurban bus routes upon presentation of an Israeli or International Student Identification card.

There are also shared taxi services (“sherut”) between cities at a slightly lower fare than Egged. These shared cabs are located at the cities’ central bus stations. Sherut service is available on the Sabbath and holidays as well as weekdays.

*Railway Service:*

**Trains**

Trains have become a popular and convenient way of getting around, and the cabins are modern and comfortable. Israel Railways has an efficient, easy-to-use web site, <http://www.rail.co.il/EN/Pages/HomePage.aspx> with current schedules, prices, etc. Israel Railways provides regular service along the coast (Ashdod to Nahariya with stops in Tel Aviv, Herzliah, Netanya, Hadera, Pardes Hannah, Zichron Ya’acov, Haifa, and Acre). There is also train service between Beersheba and Tel Aviv and Rehovot and Tel Aviv and Ben Gurion Airport and Tel Aviv and Jerusalem.

*Car rental:*

Numerous international and local car rental agencies operate in Israel. To rent a car, one must be over 21 years of age and in possession of a valid U.S. or international driver's license and an international credit card. See website <http://www.inisrael.com/rentals/>

**Counseling Services:**

Visiting Fulbrighters being hosted at the Hebrew University of Jerusalem may turn to the university student psychological counseling services (tel: 02-581-7212 or 588-2685). This service offers individual counseling, group counseling, marital and couple counseling, sex counseling, and counseling to overcome learning difficulties. Anyone wishing to make use of this facility may rely upon its strict confidentiality.

Counseling is also available through the Association of Americans and Canadians in Israel (AACI). Its diversified professional staff includes American-trained social workers, psychologists, psychiatrists, and family therapists who are qualified to deal with the specific needs of people in transition. Payment is based on a sliding fee scale. Appointments can be made by telephoning 02- 02-5661181 (Jerusalem), 03-696-0389 (Tel Aviv), 09-833-0950 (Netanya and north, including Haifa), (Beersheva) 08-643-3953.

For those who wish to seek the services of a private psychiatrist, psychologist, or social worker, costs per visit are equivalent to those in the U.S. There are many qualified English-speaking immigrants in these professions in Israel. This option is recommended only for those with financial means or those with private health insurance policies which cover counseling visits.

Milev-Crisis Counseling for English speakers, is a Jerusalem-based hotline operated by trained volunteers - 02-571-5112.  
[http://www.givingwisely.org.il/?page\\_id=3446&amuta=580292290](http://www.givingwisely.org.il/?page_id=3446&amuta=580292290)

**Arriving with children:**

Local schools accept children from kindergarten until Grade 12. The language of instruction is Hebrew and assistance to acquire basic Hebrew is available in only some schools. Private-day care facilities are available for babies and pre-kindergarten children.

The following is required for pre-registration for school before your arrival: full name of child, date of birth, names of parents, and passport numbers of both the child and parents.



Information on the Israeli primary and secondary education systems and on recommended schools in the major cities can be obtained from the office of your host university's Academic Secretary or from the Association of Americans and Canadians in Israel (email: [info@aaci.org.il](mailto:info@aaci.org.il))

If you plan to enroll your child in a Hebrew-speaking neighborhood school, you should consider hiring a private Hebrew tutor over the summer and possibly during the year. If possible, it is also helpful to provide tutoring for your child before your arrival in Israel.

A website geared to English speaking teens who are moving to Israel can be accessed at: [www.ttt.org.il](http://www.ttt.org.il). This site offers articles, advice, and a chance to talk to other English-speaking teens living in Israel.

Children with learning disabilities may need special attention that is not offered in the Israeli school system. Unless your child is in a special needs program (e.g., for handicapped children), there will probably not be a special class or special tutoring available. For further information, write to or call the following organizations:

NITZAN, for the advancement of children with learning and developmental disabilities,  
14 Allenby Street, Tel Aviv  
Tel: 03-510-1154 or 510-1158

HILLEL, parents of children with mild learning disabilities  
POB 23131, Jerusalem  
Tel: 02-586-5247 or 566-8588

ALMOG, Association for the development and improvement of services for the handicapped and retarded in Israel  
JDC Hill, POB 3489, Jerusalem  
Tel: 02-566-1231

*Your child's health:*

Make sure that your child has all required immunizations before departing for Israel. The schedule of immunizations is different in Israel, so determine, in advance, which immunizations your children will require. Also discuss with your pediatrician the matter of polio vaccinations, as well as any special needs your child may have.

Due to environmental differences, expect that your child (as well as yourself) may easily catch colds and flu after you arrive. This is normal. You may also find it helpful to bring a Fahrenheit thermometer.

*Health insurance for your children:*

As noted above, it is necessary to arrange for comprehensive medical/hospitalization coverage for your children in the U.S. prior to departure. Note that no university health services cover children of visiting faculty.

*Choosing a family physician:*

The USIEF will be pleased to assist you in finding a family physician. It is also worthwhile to consult with your Israeli host and colleagues or the local office of the Association of Americans and Canadians in Israel (AACI – [www.aaci.org.il](http://www.aaci.org.il)) or the American Citizens' Services Unit at the US Embassy <http://www.usembassy-israel.org.il/consular/acs/doctors.aspx>

**Shopping and services:**

While today most stores stay open from 8:30 a.m. – 7:00 p.m. without a break, some stores close from 2:00 p.m. – 4:00 p.m. midday.

Most stores close early on Friday (around 1:00 p.m. - 3:00 p.m.) and are closed all day Saturday, although some reopen Saturday night after the Jewish sabbath ends.

In the Arab sections of Israel, stores are closed on either Friday (day of rest for Moslems) or Sunday (the Christian sabbath), but are open on Saturday.

Most supermarkets have late shopping hours, and some stores are also open on Saturday nights.

Jerusalem, Tel Aviv, Haifa, Beersheba, and Rehovot all offer modern indoor shopping malls which include department stores, clothing and shoe stores, supermarkets, drugstores, a wide variety of specialty stores, movie theaters, restaurants, cafes, and fast food.

General mall shopping hours: Sunday-Thursday, 9:30 a.m. – 10:00 p.m., Friday 9:30 a.m. – 3:00 p.m., and Saturday nights.

The finest quality and least expensive places to buy fresh fruit and vegetables are the open-air fresh produce markets in Israel's major cities. Visit "Machane Yehuda" in downtown Jerusalem; the "Carmel" Market in Tel Aviv; the "Talpiot" market in Haifa's Hadar district; or the market near the Beersheba central bus station. Hours from 6:00 a.m. – 7:00 p.m.

## **PART 4 - Selection of recommended websites**

### ***ISRAEL – GENERAL:***

[www.fulbright.org.il](http://www.fulbright.org.il)

*U.S.-Israel Educational Foundation (Fulbright Foundation in Israel)*

<http://fulbright.state.gov/>

*Fulbright Program website*

[www.usembassy-israel.org.il](http://www.usembassy-israel.org.il)

*U.S. Embassy – Tel Aviv*

<http://www.gov.il/firstgov/english>

*Government of Israel gateway site*

<http://www.mof.gov.il/customs/eng/guidef.htm>

*For the most up-to-date information on customs and v.a.t.*

[www.pmo.gov.il](http://www.pmo.gov.il)

*Office of the Prime Minister of Israel*

<http://www.mfa.gov.il/mfa/home.asp>

*Israel Ministry of Foreign Affairs*

<http://www.mfa.gov.il/mfa/facts%20about%20israel/israel%20in%20brief/>

*Israel Ministry of Foreign Affairs – Facts about Israel*

[www.insite.co.il/tour](http://www.insite.co.il/tour)

*City-by-city tour of Israel*

<http://www.mfa.gov.il/MFA>

*Israel Ministry of Foreign Affairs*

[www.jr.co.il/hotsites/israel.htm](http://www.jr.co.il/hotsites/israel.htm)

*Sports, business, government, museums, politics, tourism, education, medical sites, real estate*

[www.restaurants-in-israel.co.il](http://www.restaurants-in-israel.co.il)

*Restaurants in Israel*

<http://travel.state.gov>

*State Department Travel guide procedures for Fulbrighters*

[www.usdos.sevencorners.com](http://www.usdos.sevencorners.com)

*Accident & Sickness Program for Exchanges*

[www.bankisrael.gov.il](http://www.bankisrael.gov.il)

*Bank of Israel's official website*

[www.knesset.gov.il](http://www.knesset.gov.il)

*Knesset-Israel's parliament*

[www.education.gov.il](http://www.education.gov.il)

*Israel Ministry of Education, Culture, and Sports*

#### **TRAVEL AND TOURISM:**

[www.infotour.co.il](http://www.infotour.co.il)

*Official Israel Tourism and Recreation Website*

<http://jposttravel.com>

*Discount hotel and travel in Israel*

[www.youth-hostels.org.il](http://www.youth-hostels.org.il)

*Israel Youth Hostels and Guesthouses*

<http://www.b-and-b.co.il/>

*Bed and breakfasts – Israel*

[www.inisrael.com](http://www.inisrael.com)

*Interactive site with links to city guides, local information, maps by region and special deals*

[www.dinnersite.co.il](http://www.dinnersite.co.il)

*Restaurant listings*

[www.telaviv-insider.co.il](http://www.telaviv-insider.co.il)

*Restaurants, maps and transportation sites*

[www.gemsinisrael.com](http://www.gemsinisrael.com)

*Highlights Israel's lesser-known tourist attractions and travel sites*

[http://www.parks.org.il/ParksENG/index\\_search\\_tree.php3?NewNameMade=0&InitialEntry=1&from=116](http://www.parks.org.il/ParksENG/index_search_tree.php3?NewNameMade=0&InitialEntry=1&from=116)

*Israel Nature and National Parks Protection Authority*

[www.teva.org.il](http://www.teva.org.il)

*The Society for the Protection of Nature in Israel*

**HIGHER EDUCATION:**

<http://www.che.org.il/english.aspx>

*Israel Council of Higher Education –with links to all accredited Israeli institutions of higher learning*

<http://cms.education.gov.il/educationcms/units/owl/english/about/ministry+structure.htm>

*Israel Ministry of Education website*

[www.science.co.il](http://www.science.co.il)

*Israel's Science and Technology homepage*

[www.huji.ac.il](http://www.huji.ac.il)

*Hebrew University of Jerusalem*

[www.tau.ac.il](http://www.tau.ac.il)

*Tel Aviv University*

[www.biu.ac.il](http://www.biu.ac.il)

*Bar-Ilan University*

[www.weizmann.ac.il](http://www.weizmann.ac.il)

*Weizmann Institute of Science*

[www.technion.ac.il](http://www.technion.ac.il)

*Technion-Israel Institute of Technology*

[www.bgu.ac.il](http://www.bgu.ac.il)

*Ben Gurion University of the Negev*

[www.haifa.ac.il](http://www.haifa.ac.il)

*University of Haifa*

**MEDIA**

[www.jpost.co.il](http://www.jpost.co.il)

*The Jerusalem Post newspaper & radio on-line*

<http://www.haaretz.com/>

*Ha'aretz (in English) on-line*

[www.israelwire.com/](http://www.israelwire.com/)

*Israel news, travel and other topics*

<http://www.ynetnews.com/home/0,7340,L-3083,00.html>

*Israel Ynet News*

[www.jrep.com](http://www.jrep.com)

*The Jerusalem Report (weekly news journal)*

<http://www.globes.co.il/serveen/>

*Globes Online*

[www.kolisrael.com](http://www.kolisrael.com)

*Israeli state radio*

<http://www.ustvnow.com>

*free service to watch ABC, CBS, CW, FOX, NBC, and PBS from anywhere around the world*

**BUSINESS**

[www.birdf.com](http://www.birdf.com)

*Joint U.S.-Israel industrial R&D*

[www.matimop.org.il](http://www.matimop.org.il)

*Israeli industry center for R&D*

<http://www.israelphones.com/>

*Cell phone rentals in Israel*

## **PART 5 - Culture Shock**

When you travel, remember that a foreign country is not designed to make you comfortable. It is designed to make its own people comfortable.

Imagine being dropped into a foreign place where the language is incomprehensible, the people dress differently, the food burns your stomach, the temperature is 45 degrees in the shade, you have no friends, most people's skin is of a different color, they drive on the wrong side of the road, corruption is rampant, the water is always cold (when its running), and even the stars and the moon seem out of whack! This is the worst-case scenario! Sounds a bit disconcerting? Perhaps many of you and your families have already experienced this.

### **What is culture shock?**

Culture shock is a syndrome that is brought on by the stress that results from the loss of all the familiar signs, symbols and surroundings that we have grown up with and taken for granted when we plunge into a totally unfamiliar environment. We go from air conditioning, nearby friends and family, a familiar language, civilized drivers, microwaves, 24-hour electricity, 20 varieties of bagels and coffee to something totally different. We are like fish out of water. Culture shock is something that may be experienced by all travelers, though it is probably most significant in those who spend a longer time away from home. It is a bit like jet lag or motion sickness in that not everyone suffers to the same extent or in the same way.

Upon arrival in a foreign country, we usually experience a “honeymoon phase” for several weeks or even a few months. Everything is new and exciting. The local people are polite and gracious, and anxious to help out. It's not unlike the first few days at summer camp or university.

This may be followed by stage two, the “What am I doing here?” stage. This can be characterized by a hostile and aggressive attitude towards the host country and its people. This hostility grows out of the genuine difficulty that you may experience in the process of adjustment. In spite of one's good intentions, feelings of frustration, irritability and anxiety may occur. Changes in mood, sleep patterns, energy level, sex drive and appetite may also be noticeable. Your sense of humor, one of your most valuable assets, may disappear.

to exacerbate this alienation is the fact that expatriates often tend to congregate together in their own little “cocoon.”

While you're suffering from diarrhea, you've been robbed, your job is not quite what you expected, you can't get the hang of the language .. and to top it off the local people seem indifferent to these problems. Your interpretation? They're being insensitive and unsympathetic to your problems, so you decide, "I just don't like them." Ready this may provide a sense of security and a convenient forum for complaining, it doesn't help much with integration into the local way of life.

Finally comes stage three, typically after about six months, when you accept the customs and other quirks of the host country as just another way of living. At this point, one not only understands and accepts all of the cues of social intercourse – the food, drink, habits and customs – you actually enjoy them. Your sense of humor resurfaces. Adaptation to your new job may help.

### **What can we do about it?**

It is important to be aware of the existence of culture shock and other mental and health problems and to recognize that these are natural processes through which many people pass. There are several ways in which you can make your adjustment to life overseas a bit easier:

- realize that culture shock may occur
- take time to acclimatize - to the jet lag, the food, the living conditions,
- the weather
- develop a social life
- keep in touch with family and friends and events back home
- remember your personal goals
- make the most of your work – set small realistic goals, tolerate what you
- cannot change
- make use of and offer peer support
- deal with stress as it arises
- be proactive about your physical health: pay attention to your diet,
- hygiene, and get regular rest, exercise and relaxation
- ask for help if you need it

E-mail has made communication with family and friends back home quite easy. Some travelers spend most of their days glued to a computer at the local internet cafe. Here the danger is that by staying too connected with events and people back home you may limit your incentive to get involved with events happening locally, and hence prolong your culture shock. So take advantage of e-mail but use it in moderation.

of operating you do not understand. This underscores the need for at least some basic language training, prior to your departure, as well as early on at your destination.



It is important that you learn as much as you can about the country and its culture before you leave home. They say that 10 per cent of your success will depend upon your particular skill, and the other 90 per cent upon how well you communicate with others. It is difficult to communicate with those whose customs, traditions, and ways

### **What if I have problems?**

Depression is a common occurrence, no matter on which side of whatever ocean you may find yourself. It is one of the most common reasons for expatriates to return home prematurely. The symptoms of depression may include mood swings, crying spells, irritability, fatigue, lack of appetite, loss of motivation or get-up-and go, feelings of worthlessness or guilt, and thoughts of death and suicide. If you feel yourself falling into this pattern, it is essential that you get help.

### **How about returning home?**

For some, the re-entry adjustment upon returning home may be even more difficult than the move abroad. You have just had to return from a place and people that you had grown to love. The new values that you may have acquired abroad seem a bit out of place back home. People would love to hear your stories and see your slides, but they don't have time (an estimate from a recent returnee is that, aside from family, most acquaintances will listen to your stories for up to five minutes and then begin to talk about themselves).

Then there's all that snow, you're not sure what the future holds and, finally, you may have to get used to your mother's cooking again!

So what can you do? In fact, it's much the same as when you arrived in Mongolia, Malawi or wherever you went. Be aware that re-entry shock can occur. Reestablish your social life. Get involved with your work. Keep in touch with your friends overseas. Offer to give a talk or slide how about your experience to anyone willing to listen. Look after your mental and physical health.

But don't worry about that for now. Remember, culture shock is as natural as that first bout of illness. Anticipate it. Understand it. And it will get better.

### **Factors Important to Successful Intercultural Adjustments:**

1. **Open mindedness:** The ability to keep one's opinions flexible and receptive to new stimuli seems to be important to intercultural adjustments.
2. **Sense of humor:** A sense of humor is important because in another culture there are many things which lead one to weep, get angry, annoyed, embarrassed, or discouraged. The ability to laugh off things will help guard against despair

3. **Ability to cope with failure:** The ability to tolerate failure is critical because everyone fails at something overseas. People who go overseas are often those who have been the most successful in their home environments and have rarely experienced failure, thus may have never developed ways of coping with failure.
4. **Flexibility and adaptability:** The ability to respond to or tolerate the ambiguity of new situations is very important to intercultural success. Keeping options open and judgmental behavior to a minimum describes an adaptable or flexible person.
5. **Curiosity:** Curiosity is the demonstrated desire to know about other people, places, ideas, etc. This skill or personality trait is important for intercultural travelers because they need to learn many things in order to adapt to their new environment.
6. **Positive and realistic:** Expectations: It has been frequently shown that there is a strong correlation between positive expectations for an intercultural experience and successful adjustment overseas.
7. **Tolerance for differences and ambiguities:** A sympathetic understanding of beliefs or practices differing from one's own is important to successful intercultural adjustment.
8. **Positive regard for others:** The ability to express warmth, empathy, respect and positive regard for other people has been suggested as an important component of effective intercultural relations.
9. **A strong sense of self:** A clear, secure feeling about oneself results in individuals who are neither weak nor overbearing in their relations with others. People with a strong sense of themselves stand up for what they believe, but do not cling to those beliefs regardless of new information, perspectives, or understandings which they may encounter.

## Same Behavior/Separate Labels

### 1. ISRAELIS

**Israelis tend to see themselves as:**  
**as:**

informal

outspoken, direct, honest

spontaneous, open, natural

hospitable, warm

assertive

flexible about plans and schedules;  
casual about rules and regulations

creative, able to improvise

active, taking initiative

self-confident

willing to take risks

wary, alert, realistic

**Americans often see Israelis**

rude, familiar, inconsiderate,  
disrespectful, insubordinate,  
unprofessional  
tactless, rude, blunt,  
disrespectful, aggressive,  
stubborn, insubordinate  
out of control, intrusive, ill-  
mannered, unprofessional  
smothering, intrusive,  
dominating  
aggressive, arrogant, ruthless,  
stubborn

inefficient, sloppy,  
unprofessional, undisciplined,  
arrogant, irresponsible,  
inconsiderate  
superficial, chaotic,  
undisciplined, unsystematic  
insubordinate, pushy,  
undisciplined, intrusive,  
dominating, aggressive  
arrogant  
irresponsible, overconfident  
cynical, distrustful

### 2. AMERICANS

**Americans tend to see themselves as:**  
**as:**

polite

friendly

respectful of privacy

**Israelis often see Americans**

insincere, artificial, lacking  
spontaneity, excessively formal  
naive, superficial, sexually  
provocative, artificial  
distant, unfriendly, lacking  
spontaneity, shy, excessively  
formal

sharing personal concerns

intrusive

organized

tastelessly exposing private matters,  
unnecessarily revealing

rigid, “square”, inflexible,  
efficient at the expense of  
personal relationships, going by  
the book instead of improvising,  
focused on procedures instead of  
task at hand

### 3. AMERICANS

**Americans tend to see themselves as:  
as:**

respectful of authority

professional

efficient

trusting and trustworthy

**Israelis often see Americans**

passive, conforming, excessively  
formal, excessively mindful of  
hierarchy, focused on roles rather  
than goals, *freier* (Hebrew slang  
for “sucker” or “pushover”)  
arbitrarily differentiating between  
work and social spheres,  
excessively formal  
arbitrarily differentiating between  
work and social spheres,  
unfriendly, overly programmed,  
lacking spontaneity  
naive

## **PART 6 - Key telephone numbers:**

<b>USIEF (Fulbright)</b>	<b>03-517-2392</b>
<b>Neal Sherman</b>	<b>054-755-8788</b>
<b>Judy Stavsky</b>	<b>052-345-2987</b>
<b>U.S. Embassy, Tel Aviv</b>	<b>03-519-7575</b>

<b>Police</b>	<b>Dial 100</b>
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<b>Ambulance (Magen David Adom)</b>	<b>Dial 101</b>
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<b>Fire</b>	<b>Dial 102</b>
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<b>Information:</b>	<b>Dial 144</b>
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<b>Overseas operator</b>	<b>Dial 188</b>
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### **Lost/stolen credit cards:**

<b>Visa</b>	<b>03-572-3572</b>
<b>Mastercard</b>	<b>03-576-4444</b>
<b>American Express</b>	<b>03-576-4445</b>
<b>Diners Club</b>	<b>03-572-6767</b>

### **University main exchanges:**

<b>Tel Aviv University</b>	<b>03-640-8111</b>
<b>University of Haifa</b>	<b>04-824-0111</b>
<b>Ben Gurion U.</b>	<b>08-646-1111</b>
<b>Bar-Ilan U.</b>	<b>03-531-8111</b>
<b>Technion – I.I.T.</b>	<b>04-829-2111</b>

### **Weizmann Institute of Science:**

<b>Main exchange:</b>	<b>08-934-2111</b>
<b>Office, Visiting Faculty:</b>	<b>08-934-3955, 934-3449</b>

### **Hebrew University of Jerusalem:**

<b>Main exchange</b>	<b>02-588-2111</b>
<b>Office, Visiting Faculty</b>	<b>02-588-2902</b>
<b>Office, Graduate Studies</b>	<b>02-588-3183</b>

**Municipal Tourist Information:**

<b>Jerusalem</b>	<b>02-625-8844</b>
<b>Tel Aviv</b>	<b>03-639-5660</b>
<b>Haifa</b>	<b>04-853-5606</b>
<b>Beersheva</b>	<b>08-646-3660</b>

<b>HOT Cable TV</b>	<b>*6900</b>
<b>YES Satellite TV</b>	<b>1-800-20-8000</b>
<b>The Jerusalem Post</b>	<b>1-800-222278</b>
<b>Ha'aretz in English</b>	<b>03-512-1222</b>
<b>&amp; International Herald Tribune</b>	

## PART 7 – Metric Conversion Table

### Weight

1 kilogram	2.2 lbs
454 grams	1 lb
100 grams	3 ½ oz. (approx)
28.3 grams	1 oz

### Volume

0.568 grams	1 imperial pint
1 liter	1.76 pints
1.136liters	1 imperial quart
0,946 liters	1 US quart
3.785 liters	1 US gallon
4.544 liters	1 Imperial gallon

### Length/distance

1 centimeter	0.3937 inch
2.54 centimeters	1 inch
30.5 centimeters	1 foot
91.5 centimeters	1 yard
1 meter	3.37 inches
1 kilometer	0.62 miles

### Area

4 dunams	=	1 acre
10 dunams	=	1 hectare

### Body Temperatures

37.0 Centigrade	=	98.6 fahrenheit
38.0 Centigrade	=	100.4 fahrenheit
39.0 Centigrade	=	102.2 fahrenheit
40.0 Centigrade	=	104.0 fahrenheit

### Atmospheric Temperatures

0 Centigrade	=	32 fahrenheit
5 Centigrade	=	41 fahrenheit
10 Centigrade	=	50 fahrenheit
20 Centigrade	=	68 fahrenheit
25 Centigrade	=	77 fahrenheit
30 Centigrade	=	86 fahrenheit

### Oven Temperatures

115-155 Centigrade	=	240-310 fahrenheit
160-190 Centigrade	=	320-370 fahrenheit
195-205 Centigrade	=	380-400 fahrenheit
210-230 Centigrade	=	410-440 fahrenheit
235-250 Centigrade	=	450-480 fahrenheit

For Speedy Conversion of:

yards to meters -  
meters to yards -  
miles to kilometers -  
kilometers to miles -  
pounds to kilograms -  
gallons to liters -  
liters to gallons -  
Fahrenheit to  
Centigrade -  
Centigrade to  
Fahrenheit -

subtract one-tenth  
add one-tenth  
multiply by 8 and divide by 5  
multiply by 5 and divide by 8  
subtract one-tenth and halve  
multiply by 9 and divide by 2  
multiply by 2 and divide by 9  
  
subtract 32 then multiply by  $\frac{5}{9}$   
  
multiply by  $\frac{9}{5}$  then add 32



## **PART 8 – Returning Home**

### **SHARING THE FULBRIGHT EXPERIENCE AFTER RETURNING HOME**

When Fulbrighters accept their grants, they agree – sometimes tacitly – to engage in efforts to “foster mutual understanding” after returning home. However, they may need suggestions on how to go about doing this.

The following outline lists some ways that returning Fulbrighters can share the benefits of their experience after returning home. While it can be given to people completing their assignments, it may be even more valuable for those just beginning their Fulbright grants so they can think ahead while still abroad.

#### **Ways to share your Fulbright experience after returning home –**

##### **With your students and within your classroom:**

revising course content  
developing new coursework;  
bringing different teaching techniques and educational practices into your classroom.  
With your department and school or university as a whole:  
speaking to classes other than your own about your experiences;  
discussing newly observed teaching techniques and educational practices with  
teaching colleagues and with school or campus administrators

##### **With teaching and professional colleagues:**

participating in professional associations ,steering committees, presentations, activities  
at state, regional and national conferences, etc.  
publishing articles in professional association newsletters and journals;  
undertaking curriculum development efforts;  
undertaking joint research efforts with colleagues at home or abroad.

##### **Within your community as whole:**

speaking to civic groups;  
speaking to students, faculty and staff at other schools and universities; working  
with local and state school systems;  
being involved with special interest groups and ethnic organizations;  
working with international visitors’ organizations.

##### **Assistance to the Department of State and its cooperating agencies or to Fulbright commissions:**

disseminating information regarding Fulbright grant opportunities;  
assisting with grantee orientations and debriefings;  
assisting with candidate interviews or application reviews.

**Other:**

working with your Fulbright alumni association;  
forming other, more informal alumni groups;  
remaining in contact with your host institution, organization, colleagues and community; developing other types of exchanges, such as student exchanges between home and host institutions or organizations or citizen exchange between home and host communities;  
exchanging teaching materials with your host institution or organization.

Returned Fulbrighters, using initiative and imagination, are able to help broaden their home country's base of international understanding, often at the grassroots level. In so doing, they continue to achieve the program's underlying objective benefiting personally and professionally.

For information on the State Alumni, Fulbright Association, and Fulbright Academy of Science and Technology please see  
<http://www.fulbright.org.il/index.php?id=2500>